

Dunham US Army Health Clinic Update; June 2012

Greetings! Here is a quick update on the hot clinic and military healthcare issues.

1. **Army Wellness Center:** The Carlisle Barracks Army Wellness Center will open by 1 July on the right side of the 1st floor of Bldg 315 adjacent to Thorpe Fitness Center. The left side will be renovated to provide a modern, more spacious, and professional environment. 5 outstanding staff started last month and are busy with initial training, setting up the state of the art equipment, and planning for operations. Personal Wellness Profile (PWP) questionnaires and assessments are being done this month for 1st year DDE students.

2. **Men's Health Awareness Month:** June is Men's Health Awareness Month. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. For more information please visit <http://www.menshealthmonth.org/> . If you have question regarding your health please contact Mrs. Dee Connelly at (717) 245-3485 or e-mail at mary.connelly@amedd.army.mil .

3. **Secure Patient to Provider Messaging:** If you have TRICARE Prime and are enrolled to Dunham, please click on the below link and register for Relay Health: <https://app.relayhealth.com/Patients/Registration.aspx?bid=am> . Once registered, you can securely exchange messages with your provider and their staff. Relay Health offers administrative and clinical messaging, referral and Rx renewal request and lab test request and result delivery. It is for NON URGENT communications.

4. **Hourly Childcare for Patients:** Hourly childcare is available for Dunham Patients at the Carlisle Barracks CDC (ages 6 weeks-5yrs) and the Youth Services (ages 6-18 at Youth Center) (No Hourly Care during summer months). Call 717-245-3701 or click <http://www.carlisle.mwr.com/family-programs/about-cyss/moore-cdc> .

5. **Medical Readiness:** The DOD has identified Individual Medical Readiness (IMR) as a requirement for all active duty service members. The IMR program at DUSAHC is designed to maximize worldwide deployability by facilitating completion of medical readiness requirements. DUSAHC and outlying clinics are responsible for reporting the operational readiness status of core and component UIC personnel attached to DUSAHC, including those personnel detailed to full-time training programs (i.e. residents, and interns). To update your IMR or to schedule a military physical please contact us at (717) 245-3723/ 4500 or e-mail at CarlislePEstaff@amedd.army.mil . You can check your medical readiness by going to <https://medpros.mods.army.mil/MEDPROSNew/> .

6. **Skin Cancer:** Skin cancer is the uncontrolled growth of abnormal skin cells. It occurs when unrepaired DNA damage to skin cells (most often caused by ultraviolet radiation from sunshine or tanning beds) triggers mutations (genetic defects) that lead the skin cells to multiply rapidly and form malignant tumors. Cancerous tumors may spread, invading and damaging nearby tissue. In some cases, skin cancers can spread to vital organs, becoming deadly. To learn more on how to protect yourself please visit <http://www.skincancer.org/prevention> . If you have health concerns regarding skin cancer please contact Mrs. Dee Connelly at (717) 245-3485 or e-mail at mary.connelly@amedd.army.mil .

7. **Sport and School Physicals:** During the month of August, Dunham will be hosting several School/ Sports Physical Rodeo's. No appointment needed. Date and times are TBD. Visit our web

page for future dates and the required forms (bring shot records and any glasses). <http://dunham.narmc.amedd.army.mil> If you need an appointment earlier, please call our appoint line at 717-245-3400 and press option 2.

8. Featured Health Web Site: Each month we will feature a new health web site that may benefit our patients. Dr. Mike Evans is a family physician at St. Michael's Hospital and an Associate Professor of Family Medicine and Public Health at the University of Toronto, and creator of <http://www.myfavouritemedicine.com/>. He has created very visual and easy to follow health videos for kids and adults, to include "23 and ½ hours; what is the single most important thing for your health". His videos are best viewed at <http://www.youtube.com/user/DocMikeEvans?feature=watch>

9. Urgent Care While Traveling: Urgent care is a medical service needed within 24 hours when an illness or injury would not result in further disability or death if not treated immediately. If urgent treatment cannot wait until you return home to see your PCM, you must contact your PCM for a referral or call your regional contractor for assistance before receiving care. During duty hours, call the clinic appointment line at (717) 245-4572. After hours call (717) 245-4047. Failure to obtain a referral may cause your care to be covered under the point-of-service (POS) option and you will incur higher costs. If you are traveling overseas, call the TRICARE Overseas Program (TOP) Regional Call Center for the region in which you are traveling to coordinate urgent care.

Ask the Dunham Commander Question: Why does it take so long sometimes when I call your appointment line?

Answer: Our wait times depend mostly on time you are calling, number of our available agents, and callers. We are modifying our call tree (will post online when complete) to reduce the hold time and also route calls better. We are also hiring to replace one of our four agents that retired last month. Our peak times are 8am-9am and 1pm-2pm, and TRICARE Online is a great way to quickly book appointments 24/7. For any other questions, e-mail us at dunham.clinic@us.army.mil

Want more info? Like us on Facebook www.facebook.com/dusahc or visit us at <http://dunham.narmc.amedd.army.mil>,

To your best health,
The Dunham Team

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